



King County

Department of
Community and Human Services

Mental Health, Chemical Abuse
and Dependency Services Division

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We're on the web!

<http://www.metrokc.gov/dchs/mhd/>

Poem from our readers:

I DO IT

By Boe Odisey

Bring it on let the good times role

*Life is a dance. I am a dancer, the world is my stage. I love it
when the sun is shining bright. The sky bright blue and the
kiss of the breeze is warm on my cheeks and in my hair. The
music needs to be hot.*

A lot is not hot.

*Let it roll on deep and loud if possible I will be they're dancing
to a driving pounding beat*

*I am on my feet with my day glow chiffon 3X6 scarf flowing
swishing up down around on and on*

*For you I will dance, dance, prance & prance, dance. Let it
roll. The sun is warm the music is hot and the scarves' are
swishing and floating and flowing for you let me know when
and where.*

Seize The Day

**This material is available in alternate format upon request
for persons with disabilities. Call 206-205-1341.**

Announcing a Special Community Forum

**King County Public Mental Health:
What's Working, What Isn't**

Tuesday, April 20, 7-9 p.m.

**Valley Cities Counseling and Consultation
2704 "I" Street NE. Auburn, WA 98002
(Phone: 253-939-4055)**

**Sponsored by NAMI South King and the
King County Quality Council**

Here is your opportunity to provide input
about mental health services in King
County. Your recommendations at this
forum will influence the priorities of NAMI
Greater Seattle and the King County Qual-
ity council for improving mental health
services.

Fall 2004



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Dependency Services Division

Issue 6

EDITORS: Steven Collins & Lenore Meyer
DESIGNER: Caridad Gavino

From the Editor

This newsletter is an effort
by the King County Re-
gional Support Network
(KCRSN) and the Quality Review
Team to document the thoughts
of consumers, youth and sup-
porting staff.

The King County Regional Sup-
port Network (KCRSN) which
funds mental health is responsi-
ble for publicly funded mental
health services in King County.

WANTED:

Articles, poetry, stories from
readers of the newsletter.

If you have a personal story to
tell, helpful information you
would like to share or creative
expression such as poetry, pic-
tures or art, please mail them to:

Steven Collins or Lenore Meyer
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Exchange Building
821 Second Avenue, Suite 610
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Steve's Phone# 206-205-1341
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Our e-mail address is:
steven.collins@metrokc.gov
lenore.meyer@metrokc.gov

Letters, articles & information
submitted may be edited for
clarity and content.

Remember this is the good
newsletter.

Area Seniors Will Take Sound Steps Toward Better Health

Sounds Steps, a free program
that got hundreds of older
adults up and walking last year,
is hitting the road again at an
expanding number of sites.

In 2003, the first year of a two-
year pilot program, nearly 500
walkers participated at six Seattle
Parks and Recreation community
centers.

"We are happy to be able to

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Mission Statement

The knowledge and wisdom
that comes from personal
experience as a consumer of the
mental health system should be
shared with all who have an eye
and an ear to absorb what is
written.

The pen is the excellent commu-
nicator. Our commitment is to
make the consumer voice heard
and acknowledged in King
County.

Goal Setting and Problem Solving If Necessary

By Steven C. Collins

It was 1986, on a sunny spring afternoon sitting in a park and thinking about my future that I decided I better set some goals. Education and marriage were a priority for me, so I decided that since I was already a barber, I would cut hair during the day and go to school at night.

It is now 2004 and I have made great progress towards my goals, with a few slips and falls along the way, such as taking seven years off from school between 1995 and 2002. But I did accomplish one of my goals. I have been married eight years. I was lucky enough to meet the right woman. For the past two years I have been a part time college student which is just right for my stress level because I work. A vocational counselor informed me that the newer medications for psychiatric disorders could make my education goals reachable. So far they work, added to good self care, such as diet, exercise and rest.

The message I want to pass on to my fellow consumers is not to give up on yourself and your potential goals. If you get sidetracked by situations such as medicines failing to work or too

much stress, talk about how you are feeling with your case manager, therapist or psychiatrist for the purpose of problem solving.

Here is a Web address and phone number that contain information about the problem solving process: MindBiz.com

Phone 877-MINDBIZ
(877-656-3249).

"Human beings possess capabilities of mind that are beyond genius"

Barbara Brown

I have had great success with setting goals with the help of my clinician, friends, and family. I'm glad there are people to talk to when I need a little en-

couragement. Working with others as a problem solving team is wonderful.

Regional Employment Service and Placement Center Operated by the Stepworks Vocational Program of Community Psychiatric Clinic

By Nick Codd

Community Psychiatric Clinic (CPC) has established a Regional Employment Service and Placement Center (RESPC) which is an expansion of the Stepworks Vocational Program. The RESPC is funded by The State Department of Vocational Rehabilitation (DVR) and King County Mental Health and is available to individuals participating in

King County's mental health programs. CPC's program serves central and north Seattle along with the eastside of King County, which includes 10 different King County mental health agencies. There are two regional offices.

Seattle RESPC
4120 Stone Way N.
Seattle WA 98103
(206) 545-2400

Eastside RESPC
13133 Bel-Red Road
Bellevue WA 98005
(425) 454-3021

The RESPCs include an onsite DVR office that is used by liaison DVR counselors. The RESPC offers an Orientation to Vocational Services, which includes an overview of the RESPC services and an orientation to DVR. Clients can apply for DVR services at the RESPC and participate in a full range of vocational services.

The vocational services include the following:

Vocational Assessments
Community Assessments- Work experiences in the community to evaluate basic work skills and readiness.

Stepworks Enterprises – Paid work experiences within Stepworks operated businesses that evaluate and train individuals in basic work skills and habits.

Job Placement Services
Assistance with resume writing, job applications, job search.

(Continued on page 3)

Custom Fit Food Pyramid

By Lenore Meyer

Federal dietary planners want people to build their own version of the Food Guide Pyramid. The Agriculture Department office that manages the Pyramid is fitting its Web site to help people tailor individual programs for diet and exercise as part of a food guide policy that will offer more room for variation. The Web site is: www.usda.gov/cnpp/projects.html

As federal officials and scientific advisors update the dietary guidance, including the pyramid, they plan to work the Web site into the update. The aim is to custom-fit guidance on food and physical activity.

The Pyramid does not advise people how much to work out. In contrast, a physical activity tool on the Web site has about 600 choices.

By listing their daily activities and the time they spend on them, people can add up the calories they work off just as they add the calories they consume.

The program also lets people compare their daily activities with federal targets for physical activity. For adults, the target is at least 30 minutes a day on most days of the week; for younger people the target is at least 60 minutes.

"I hope this version of the guidance will take a step toward drawing the two together: energy expenditure and energy intake", said Russell Pate, associate dean for research at the University of South Carolina.



ASIAN NOODLE BOWL

From Lenore Meyer

1 ½ cups cooked noodles, chilled

Start with ½ cup uncooked noodles (Any kind of noodles)

½ cup shredded green cabbage

1/8 cup sliced radishes

½ cup chunked firm tofu or meat substitute of your choice (or meat)

2 teaspoons minced fresh garlic

1 teaspoon minced fresh ginger

3 teaspoons vegetable oil

1 teaspoon soy sauce

2 tablespoon cashews or peanuts

In a large serving bowl, toss noodles, cabbage, radishes, tofu, garlic, and ginger until combined. Mix together oil and soy sauce and add to noodles. Stir to combine and garnish with nuts.

Preparation time: 15 minutes

Yield: 2 servings

Per serving (using tofu and peanuts):

Carbohydrates: 37 g

Protein: 23g

Saturated fat: 5 g

Sodium: 180 mg

Calcium: 187 mg

Fiber: 6g

Serving size: ½ recipe

Exchanges per serving: 2 starch, 3 medium-fat meat, 2 fat

Poem from our readers:

I look to the stars
For what I see
Is beauty twinkling
Just for me.

I look to the clouds
For what I see
Is my imagination
Roaming free.

I look to the moon
For what I see
Constant change
Pleases me.

I look to the sky
For what I see
Up above
Is mine to see.

Look away
Far away
Behind a blue
Cloud

By Kathleen Humphries

Mapping

(For severely depressed people)

I'm mapping the days.
Just now sleep takes a large part of them;

Long Dozes in the morning;
My thoughts a haze.

Someone said something the other day about a maze,
Which, if completed properly
Could lead to the fulfillment of goals

And actually avoid the shoals
Which, if encountered, might obliterate
My aims.

Tomorrow I'll start by getting up
For three nutritious squares,
Turn off the TV for awhile,
Find a matching pair of socks,
Take stock
And beckon fresh resolve.

By Nancy G. Tuininga 2003

Don't Let Another Smoke-Filled Breath Go By If You Smoke, Quit Now!

By Lenore Meyer

If the effects of cigarette smoking appeared on our skin instead of our lungs and arteries – where it can't be seen – no one would smoke.

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is an addictive drug. People often make more than one attempt before finally being able to quit. Each time you try to quit, you can learn more strategies to help you quit, so don't be discouraged.

HURTING YOURSELF

Besides nicotine, tobacco smoke contains 4000 other chemicals. 43 of the chemicals in tobacco have been shown to cause cancer in humans.

Smoking greatly increases your risk of cancer, emphysema, heart disease, impotence in men, complications during pregnancy in women and many other diseases and illnesses directly linked to tobacco use.

One pack a day smokers ingest about a pint of tar every year.

HURTING OTHERS

Smoking harms not just the smoker, but also family members, co-workers and others who breathe the smoker's cigarette smoke, called second-hand smoke.

Each year, secondhand smoke is associated with as many as 300,000 cases of bronchitis and pneumonia among babies.

GOOD REASONS FOR QUITTING NOW

You will live longer and live better.

You will have extra money.

(1 pack/day x 4.50/pack x 365 days = \$ 1642.50) a year.

FIVE KEY STEPS FOR QUITTING

1. Make a plan. Set a quit day. Change your environment. Get rid of cigarettes and don't let people smoke in your home or car.
2. Get support. Tell family, friends and others that you are going to quit and ask for their support. Talk to your health care provider. Get individual, group or telephone counseling.

Call the Washington Tobacco Quitline
1-877-270-7867
1-800-266-3863 (Spanish)
TTY – 1877-777-6534

Visit the Washington Tobacco Quitline website:
www.quitline.com

3. Change your routine to reduce your stress. Talk to someone, go for a walk. Take a hot bath/shower, exercise, read a book. Plan something enjoyable to do every day. Drink a lot of water and other fluids.
4. Get medication and use it correctly. Ask your health

care provider for advice first. Medications can help you stop smoking and lessen the urge to smoke. Approved medications can double your chances of quitting for good.

5. Be prepared for difficult situations or relapse. Most relapses occur within the first three months after quitting. Remember that most people try several times before they finally quit for good.

Over the years, tobacco companies have created many definitions for smoking: "chic, tough, rugged, sophisticated, glamorous, sexy". None of them are true. Here is the true definition: Cigarette smoking is drawing smoke, fire and toxic chemicals and substances into your lungs for the purpose of giving the body a dose of nicotine, a highly toxic and addictive drug.

Remember, the moment your body becomes smoke free it starts to repair some of the damage that has been done. Appearance improves. Breathing is easier. The heart and lungs start to work more efficiently. Remaining smoke free substantially decreases the risk of developing heart disease, cancer or emphysema. Most importantly, by quitting smoking you can have a positive impact of the quality of your life.

**This article contains information from the American Lung Association, American Cancer society, National Cancer Institute and the U.S. Department of Health and Human Services.*

RESPC
(Continued from page 2)

Job Retention Services

Assistance with learning and performing a job following placement.

Extended Support Service

Support and assistance to maintain employment.

The RESPCs also have computer labs and classes for individuals who are seeking employment or who want to improve their computer skills.

The Orientation to Vocational Service sessions are open to all interested clients. Once an individual has attended orientation he or she needs to be referred to the RESPC by a case manager and apply for DVR services prior to starting services.

The April schedule is as follows:

Seattle RESPC –
(206) 545-2400
WED. April 14th & 28th 1:00PM
4120 Stone Way N.
Seattle WA.

Bellevue RESPC –
(425) 454-3021
MON. April 5th & 19th 1:00PM
13133 Bel-Red Road
Bellevue WA

In 2003, the RESPC served over 200 individuals from across the county and assisted individuals seek, obtain and keep employment in the community.

Since starting, the RESPC has established working relationships with employers and businesses in the community, which has led to a variety of jobs for participants. CPC has worked successfully with Positive Solutions, which is a service for SSI/SSDI recipients returning to work.

CPC has been very pleased with the development of the RESPC. The goal of the program is to provide a full range of effective vocational services to consumers so that they can experience the financial, personal, and social benefits of employment. The focus of the program is on discovering and developing individual skills, abilities, and interests as well as assisting individuals with integrating in to the world of work. Returning to work and being a productive participant in the community are essential aspects of recovery and the RESPC services are designed to help consumers experience a sense of recovery.

Nick Codd
Manager, CPC RESPC
(206) 545-2432

Consumer and Family Scholarships Available Now!

Scholarships are for those needing financial assistance to attend training's and seminars.

To request an application, contact NAMI Greater Seattle, (206) 783-9264 or download an application off our Website at www.nami-greaterseattle.org.

Questions should be directed to Gail Wilder, financial Manager, at this same number.

Poem from our readers:

*In every corner
Of the world
Lies hope
That will survive
Faith and virtue
Conquer all
No matter the
Raging war outside.*

*Hypothetical
Reality
Assuage the battered
Mind
Rhetorical
Philosophy
From another day
And time.*

*Left to their own
Devices
A child will
Seek out peace
As the wolf and lamb
Together reside
One day
Hatred will forever
Cease.*

*Unity and kindness
Love will conquer all
Mankind will lift
Their heads up
Proudly they'll stand tall.*

*People with a passion
Zeal for doing right
For even the smallest
And the youngest
God will set all
Matters right.*

By Angela Baumgartner

Personal Wellness Checklist
(Continued from page 1)

expand our support of these activities to even more sites and , hopefully, attract many more senior walkers,” Karen Lewis, who represents the Healthy Aging Partnership (HAP), which initiated Sounds Steps. HAP is a coalition of more than 30 non-profit and government organizations dedicated to the health and well being of Puget Sound– area older adults.

Sound Steps seeks to motivate inactive adult’s age 50 and older to begin a regular and life– long commitment to fitness.

For more information about the program, visit www.4elders.org/soundsteps.htm or call Seattle Parks and Recreation Senior adult Programs at 206- 684-4951

To find out more about healthy living as an older adult, call 1-888– 4ELDERS (1- 888- 435- 3377), a free and confidential help line.



PERSONAL WELLNESS CHECKLIST

- I know my biggest stress triggers. They are_____
- I have someone to talk to or a place to write things down, when my stress level is high
- I have a way to relax. It is_____
- I eat a variety of foods and get the nutrients I need. I have healthy food on hand.
- There have been no major changes in my appetite lately.
- I participate in some type of physical activity (for example,_____) _____times per week.
- I am getting adequate sleep. There have been no major changes in my sleep habits lately.
- I am taking my medication as prescribed. I know what to expect from my medication.
- I am involved in social activities such as_____



King County Pilot Projects

By Steven Collins

The King County Regional Support Network is pleased to announce the funding of nine consumer pilot projects. The following funding projects are for 2004.

Community Psychiatric Clinic:

Sunrise Center Newsletter was awarded \$800 to purchase publishing hardware and software for their computer.

Clean Start Housing Resources Center- was awarded \$650 to develop their project which includes a housing support group and bring in a variety of guest speakers to Clean Start to discuss housing issues.

Wallingford House Clubhouse Newsletter was awarded \$1050 to develop a newsletter that will allow clubhouse members/consumers to communicate, correspond, and network to and with clubhouses across the country.

Downtown Emergency Services Center:

DESC Computer Lab/email/workshop project has been awarded \$5000 to teach basic computer skills and to purchase furniture and equipment for computer use.

Transitional Resources:

Transitional Resources has been awarded \$1,000 to purchase plants, seeds, tubers and bulbs for a business growing and selling flower bouquets.

Consejo:

The Consejo Art Project was awarded \$5000 to develop and implement an Arts and Crafts/Jewelry-Making project with the focus on creating bead-work items such as bracelets, earrings, necklaces and rings, as well as more neutral items such as key chains to sell at a craft fair.

Seattle Mental Health:

The SMH Art Therapy Project was awarded \$2800 to allow consumers to express themselves through art, and create paintings, sketches, and graphics for creating greeting cards, postcards and other items.

NAMI-Eastside:

Eastside Art Project was awarded \$2500 to provide consumers with the opportunity to train with professional artists, to work in both teams and individually to achieve social and community goals, such as breaking isolation by increasing social and recreational activities, It will cumulate in having an exhibit of the collective works during Mental Health Awareness Week, the 1st of October 2004.

Asian Counseling and Referral Services:

The ACRS Embroidery Project was presented with an award of \$3200 to develop a traditional Mien embroidery project that will help participants get together with other Mien clients to work on Mien traditional embroidery.



Cross Agency Systems Training for Children and Adults

Throughout the year, the public serving systems will provide training to introduce social services personnel and families to the different systems serving children and adults. The aim of the training is to give individuals an understanding of:

- Who each system serves
- The eligibility criteria for each system
- The range of available programs
- How to advocate for
- How to refer
- Whom to contact at those resources if you are having difficulty with the services offered

Children’s CAST 2004

SCHEDULE:

Tuesday, May 18 and
Tuesday, October 26, 2004

Adult CAST 2004 SCHEDULE:

Tuesday, March 23 and
Tuesday, September 28, 2004

8:30 AM TO 4:30 PM

Training is Free
(Lunch on your own)

**To Register call: Elaine Goddard
at (206) 205 – 5813 .**

